

## Designing a Physical Literacy Model for Sri Lankan Children of Grades 4 to 6 (Aged 8 to 12)

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T. A. D. N. Gnanarathna<sup>(\*)</sup>, S. Jeganenthiran<sup>1</sup>, S. Sabaanath<sup>2</sup>

<sup>1</sup>*Department of Sport Sciences and Physical Education, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka, Sri Lanka,* <sup>2</sup>*University of Jaffna, Sri Lanka*

(\*) E.mail: devikanishanthi91@gmail.com

This research examined the action taken to design a physical literacy model for Sri Lankan children of grades 4 to 6 (aged 8-12). The aim of this study was to find the low level of development of physical literacy as one of the main factors for low level of sport achievements at international level. Physical literacy mainly concerns of fundamental motor skills (FMS) as well as fundamental sports skills. Pretest-Posttest pre experimental design was used as the research design. Hundred (N=100) subjects were taken from Karawita central college, Rathnapura by using the random sampling method. Data were gathered using cognitive, psychomotor and affective tests and observations. Especially FMS cycle was used to develop physical literacy level in students within the course of 8 weeks. Paired t test was used to analyse the data by using MS Office and Minitab 17. According to the cognitive test, there was a significant difference between pre-test and post-test with a p-value of 0.000 ( $P < 0.05$ ). While the psychomotor test showed a significant difference between pre-test and post-test with a p-value of 0.000 ( $P < 0.05$ ), the affective test showed a significant difference between pre-test and post-test with a p-value of 0.000 ( $P < 0.05$ ). Hence it can be concluded that the physical literacy model designed could be used to develop physical literacy level of Sri Lankan students of grades 4-6 (aged 8-12). Monitoring these measures enhances our understanding of children's physical literacy and assist with the identification of areas where additional support is required.

**Keywords:** Literacy, physical literacy, fundamental motor skills, fundamental sports skills